

# Surviving and Thriving During Turbulent Times

## A Brand-New Free Workshop Sponsored by *The State of California's Employee Assistance Program*



These workshops are free to State employees and reservations are not required. Seating is on a first-come, first-served basis.

Before planning to attend, employees should ensure supervisor's approval.

Please provide one week notice for special accommodations.

**September 1, 2010**  
**12:30 pm – 2 pm, Coalinga**  
Department of Mental Health  
Coalinga State Hospital  
24511 W. Jayne Avenue  
Coalinga, CA 93210

**September 1, 2010**  
**10 am – 11:30 am, San Jose**  
Department of Rehabilitation  
100 Paseo de San Antonio, Room 324  
San Jose, CA 95113

**September 9, 2010**  
**11 am – 12:30 pm, Sacramento**  
Franchise Tax Board  
9646 Butterfield Way, Goldberg Auditorium  
Sacramento, CA 95827

**September 15, 2010**  
**10 am – 11:30 am, Bishop**  
Department of Transportation  
500 South Main Street, Room 305, Highway 395  
Bishop, CA 93514

**September 21, 2010**  
**10 am – 11:30 am, Santa Rosa**  
Department of Rehabilitation  
50 D Street, Suite 425  
Santa Rosa, CA 95402

**September 21, 2010**  
**11:30 am – 1 pm, San Bernardino**  
Department of Rehabilitation  
Rosa Parks Building, Room 152  
464 W. Fourth Street  
San Bernardino, CA 92401

**September 28, 2010**  
**11:30 am – 1 pm, Indio**  
Department of Transportation  
Elks Lodge  
46301 Madison Street  
Indio, CA 92201

**SESSION ADDED**  
**September 28, 2010**  
**10 am – 11:30 am, Oakland**  
Department of Transportation  
111 Grand Avenue  
First Floor Auditorium  
Oakland, CA 94612

**October 6, 2010**  
**11:30 am – 1 pm, West Sacramento**  
California State Teachers' Retirement System  
100 Waterfront Place  
Lobby - American River Room  
West Sacramento, Ca 95605

**October 7, 2010**  
**11:30 am – 1 pm, Redding**  
Department of Fish and Game  
Shasta Public Library  
1100 Parkview Avenue  
Redding, CA 96001

**October 13, 2010**  
**9 am – 10:30 am, San Diego**  
4050 Taylor Street, Building 1  
Garcia Room 125 A & B  
San Diego, CA 92110

**November 1, 2010**  
**11:30 am – 1 pm, Sacramento**  
State Water Resources Control Board  
1001 I Street, Byron Sher Auditorium  
Sacramento, CA 95814

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Telephone

On-going turbulent economic conditions, continued uncertainty and change have become a part of American's everyday living. The climate of insecurity at both the state and national levels can intensify individual stress due to the multiple life adjustments we are continually required to make. This workshop focuses on assisting participants in choosing healthy responses and strategies in the face of elevated and persistent stress.



**MHN**  
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